

OCTOBER BATHROOM BANTER

VIRGIN PULSE UPDATE REWARDS ARE BACK OCT. 1

Full-time, Civilian employees are again able to earn up to \$500/year (\$125 per calendar quarter) in the form of HSA or FSA contributions that can be used for qualified medical expenses by tracking their healthy behaviors with a combination of a fitness tracking device and/or the Virgin Pulse online account or mobile app to receive points and earn rewards. Participants have three months or one quarter to earn points and progress through Levels 1 - 4, with the game resetting after each quarter. For example, this quarter begins October 1 and ends on December 31. Points will then reset on January 1, 2022 and a new quarterly game will begin.

Are you new to the Virgin Pulse program, you can sign up for free online at join.virginpulse.com/cityofsanantonio

TRICK OR TREAT TIPS FOR A SAFE EXPERIENCE

- Cross the street at corners, using traffic signals and crosswalks. Look left, right and left again when crossing.
- Put electronic devices down, keep heads up and walk, don't run.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.
- Join kids under age 12 for trick-or-treating. If kids are mature enough to be out without supervision, tell them to stick to familiar areas that are well lit and trick-or-treat in groups.

COSAWell

WELLNESS WORKSHOP VIRGIN PULSE INSIDER TIPS presented by Virgin Pulse

If you read from left to right, you already know that Virgin Pulse incentives are officially back on October 1.

New to Virgin Pulse? A little rusty from the year away from participating in the Virgin Pulse program? Excited about all the new program features including sleep and nutrition tracking?

Virgin Pulse account representative Sarah Hagen will give the inside scoop on how to use Virgin Pulse, new features, how to earn points, and answer any questions you may have!

LIVE WEBINAR
WED, OCT 13
1-2 PM



WELLNESS@SANANTONIO.GOV

HEALTHY RECIPE PUMPKIN PIE CHIA PUDDING

Prep: 10 MIN | Cook: 30 MIN | Total: 40 MIN
4 Servings per Recipe

Ingredients

Pumpkin pie layer:

8 tbsp pumpkin puree
2 tsp pumpkin pie spice
1/2 cup canned coconut milk
2 tbsp pure maple syrup

Vanilla chia pudding layer:

2 cups canned coconut milk
1 tsp cinnamon
3 tbsp pure maple syrup
1/3 cup chia seeds
1/2 tsp pure vanilla extract

Granola layer

2 cups cinnamon & granola of choice

Instructions

Combine pumpkin pie layer ingredients and stir. Cover the bowl with plastic wrap & store in the refrigerator for at least 30 minutes.

In another bowl, combine vanilla chia pudding layer ingredients and stir to combine. Cover bowl w/ plastic wrap and store in the refrigerator for at least 30 minutes.

Once the pudding has thickened, begin assembling your pudding parfaits. In 4 small jelly jars or similar, add 1/4 cup of granola to bottom of each jar. Next, spoon pudding into each jar, forming the next layer. Lastly, spoon the pumpkin pie puree into each jar for the top layer. Sprinkle w/ granola and enjoy!

